

TimeSlips

TimeSlips invites you to
shift ... from memory — to
IMAGINATION.

MISSION Improving well-being for older adults by
infusing creativity into care relationships and systems.

We **DREAM** that elderhood can be a time of meaningful
growth regardless of ability

DARE TO IMAGINE

creative engagement in an aging society



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TimeSlips[™]
CREATIVE STORYTELLING



Question...

When do people stop growing?
(at what age do your programs end?)

When do **YOU** plan to stop
growing/learning?

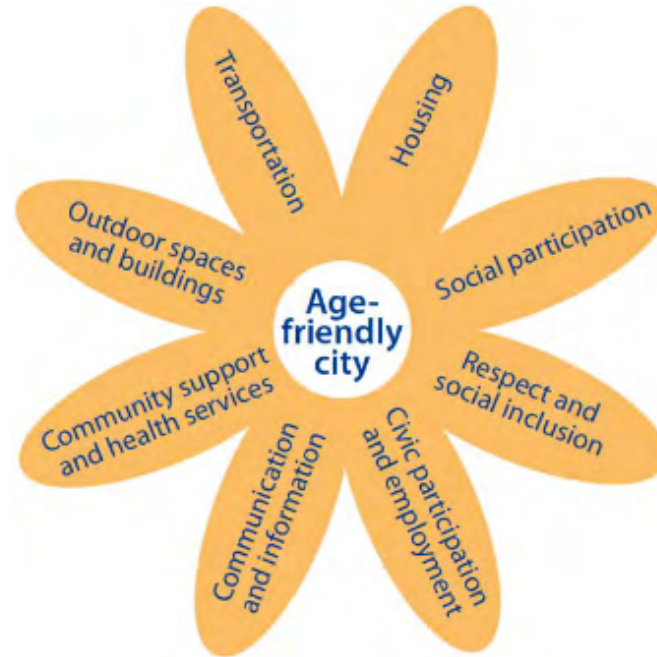
CHICAGO

“age-friendly
community”
2012

- 2.8 million in the city
- 10.3% are over 65
- Increase to 18% in 2030



What does Age-Friendly Mean?



FOCUS for improvement:

Caregiver support

Falls reduction

Pedestrian Street Safety

Accessible public building

Age-friendly buildings

Transportation

Housing (affordable)

Information on services and assets

Leadership, Volunteer and work opportunities

*Did Age-Friendly
Communities
forget
something?*

Dementia Friendly Communities



Our role?

The Arts/Cultural Sector

- Access
- Integration
- Meaningful, purposeful programming
- Advocacy (amplifying voices of under-heard/recognized)



Categories

Arts/Cultural Programming

- Education/Enjoyment
 - Amateur (for the love)
 - Professional (life-long, or serious newcomer)
- Making
 - Amateur
 - Professional



MAKING

Creative Engagement

- An invitation to co-create
- With, not for
- Modeling the act of expression

Example



Impact

(relational)

- May, 1975: “meeting and joining an other without judgment or expectation, something new can be born, in body, mind, or spirit”.
- To be heard, recognized
- To give/create
- To know deeply
- To experience time in a different way (flow)
- To communicate through symbol/senses (beyond language)

Impact

(relational)



Meaningful

- Expresses the Self
 - Pleasurable
 - Connected (beyond the self)
- *Me*
 - *Fun*
 - *Bigger than me*

Research

- **Increased expressiveness** (of suppressed feelings)
- Increased **self-efficacy**, symptom management
- Increased feelings of **contributions** to the world
- Feeling of refuge from illness
- Improves **discussions** between family/patient
- **Decreased discomfort** behaviors

Avenues



- Making/arranging **sounds**
- Making/arranging **movements**
- Making/arranging **objects**
- Arranging **words**
- Arranging **colors/lines**

Exercise

- Get a partner
- Find an interesting shape in the room
- Trace that shape with your finger
- Trace it together in unison.
- Make the sound of your shape (if you care to)
- Speed, slow, taking turns mirroring each other.

Co-creation

Scottish Partnership for
Palliative Care
conference 2014

Co-creation

Scottish Partnership for
Palliative Care
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Scottish
Partnership for
Palliative Care
conference
2014



Three layers of creative engagement

- Infused
- Programmatic
- Community/System

Infused

micro moments
of imagination

inspired by
everyday
prompts



Programmatic

- Scheduled creative time
- Volunteer, staff, or artist facilitated
- One or two sessions to complete a work

Programmatic



Community/ System

- Longer range project
- Connects immersed moments and programming over time
- Engages family, volunteers, staff, larger community
- Partnered for broader impact
- System absorbs improvisation, can become more flexible

Community/
System

The Penelope
Project



Community/ System

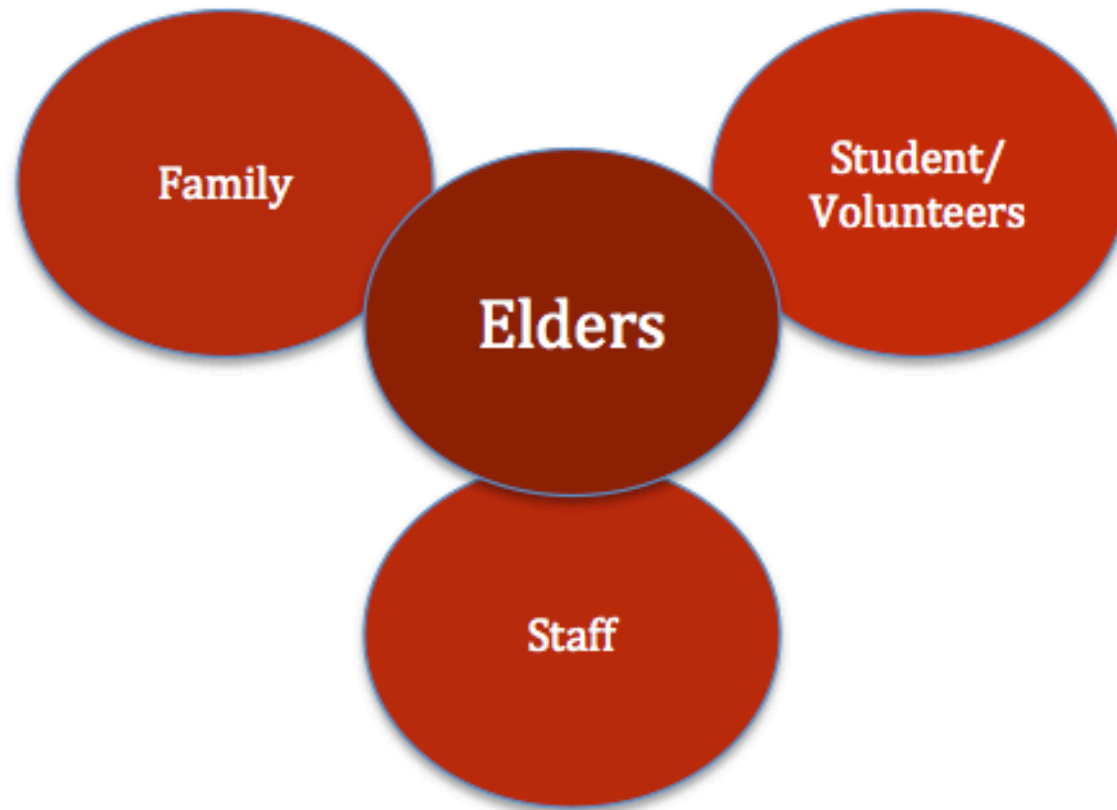


www.thepenelopeproject.com

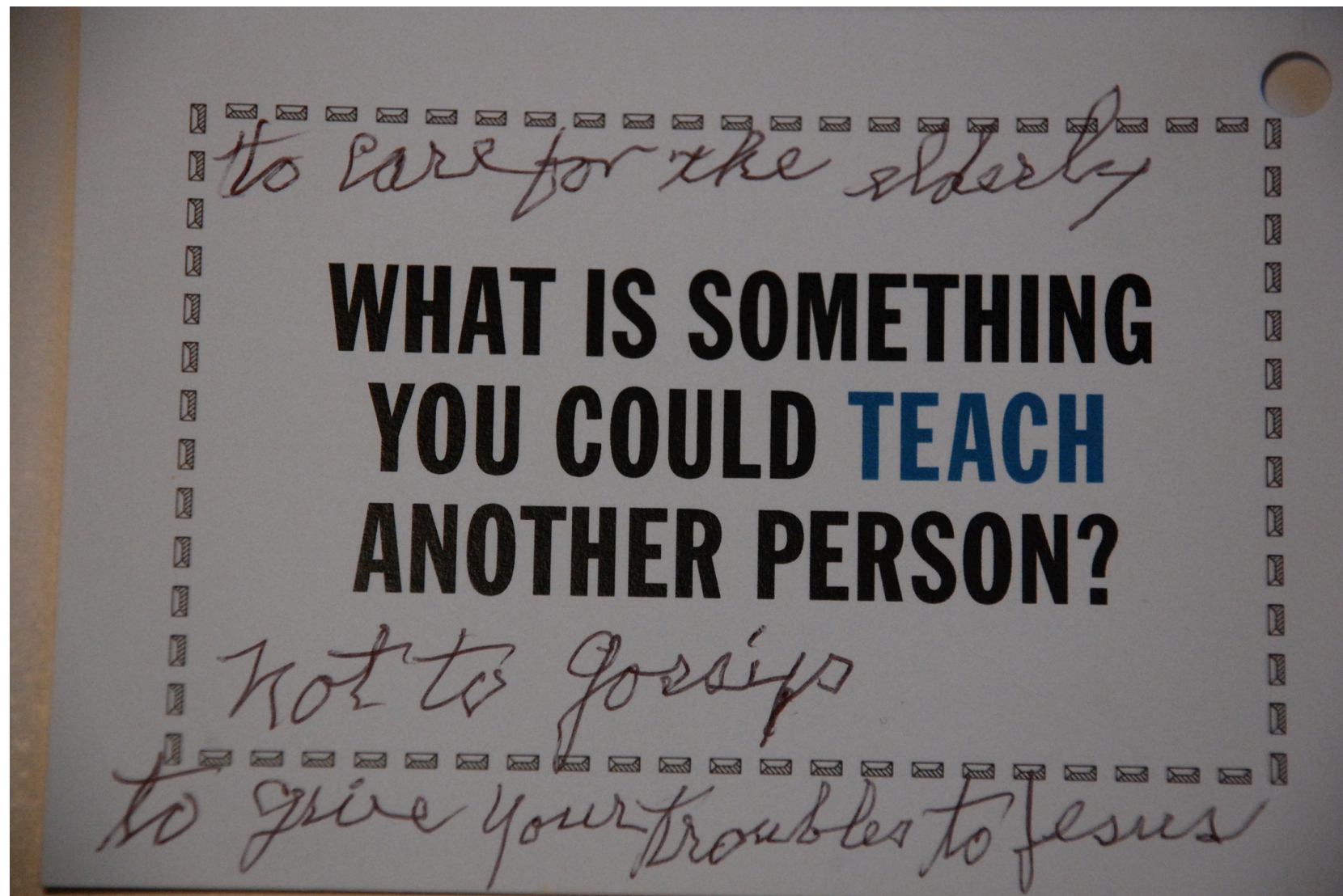
Sojourn Theatre has been in residence at Luther Manor Retirement Community in Milwaukee, Wisconsin rehearsing "Finding Penelope", a site-specific play by Anne Basting created in collaboration with residents and students from the University of Wisconsin - Milwaukee.

Build
a Community
Outside your
Doors

Building a Community of Creative Care



Community/ System



Community/ System

Islands of Milwaukee



Community/ System

Islands of
Milwaukee



Community/ System

Islands of
Milwaukee



Community/ System

Islands of Milwaukee



Exercise
I have a
question of
the day...
would you like
to hear it?

**ISLANDS of
MILWAUKEE**

QUESTION OF THE DAY


Share your response by text or phone at **414-678-1653**,
or write your answer below, and return it to your driver/volunteer.

✉ ✉ ✉ ✉ ✉ ✉ ✉ ✉ ✉ ✉ ✉ ✉ ✉ ✉ ✉

MY HOME, IN MY EASY CHAIR,
WITH A GOOD BOOK AND
A SCOTCH.

UNIVERSITY of WISCONSIN
MILWAUKEE

WWW.ISLANDSOFMILWAUKEE.ORG



Example The Crossings



Crossings:

“How to Stop
Traffic”
workshops



Join the
creative
care
revolution

Create/Change Summer Institute 2016

**Create/Change: Transforming care for
elders through creative engagement**

Offered by: Osher Institute for Lifelong Learning of UWM and
Timeslips Creative Storytelling



**JOIN US AT THE
SUMMER INSTITUTE**



June 20 - 22 in Milwaukee, WI

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CREATIVITY JOURNAL

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Journals today.](#)



Visit TimeSlips.org to learn more



*We have a long way to go.
We're going to take him
on a lot of adventures.*

www.timeslips.org

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CREATIVE STORYTELLING